

# SPORTS

## ★ PT Prep

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups.

The aerobic portions focus on intense exercises — jumping jacks, sprints (in place), hustlers, shuffles, body builders — that build cardiovascular endurance to help with the PT run.

PT Prep is **Mondays, Wednesdays and Fridays** at 6 a.m.

## ★ Air Force sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-r.afsv.af.mil/FT/> or call 846-1102.

## ★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

## ★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

## ★ Ride of Your Life

Be a part of Air Force Cycling in the "Go for the Ride of Your Life."

You can win T-shirts, caps, towels and water bottles.

Pick up a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

## ★ Run for Your Life

The East Fitness Center holds the "Run for Your Life" program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.

## ★ Yoga

Join the **Saturday** Yoga Class at 11 a.m.

The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises.

## ★ Swim to fitness

Water aerobics is open on a pay-by-the-day or pool pass basis at no additional charge.

Classes are **Mondays, Wednesdays and Fridays**, 11 a.m., and **Mondays and Wednesdays**, 5:30-6:30 p.m.

## ★ Handball club

The handball clubs takes no initiation fees or dues and has no meetings—just competitive handball games.

Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games.

New members are always welcome.

Call 846-2454.

## ★ Golf 'tune-up'

"Make the Move to Improve!" with a spring "tune-up" at Tijeras Arroyo Golf Course.

**February-April**, the golf course offers golf tips, a large bucket of range balls and a takeout lunch

**Tuesdays and Thursdays**, 11:30 a.m.-1 p.m.

The fee for sessions, limited to 10 golfers, is \$10 at the Pro Shop.

Call 846-1574.

## ★ Lobo Women

Tickets are available at Information, Tickets and Travel for Lobo Women's Basketball games.

Game dates are **Feb. 21** on Heroes Day for \$4 and **March 6** Youth Day for \$4.

Call 846-2924.

## ★ Aerobics class

The Low-Impact Aerobics class begins at 9:30 a.m. **Mondays, Wednesdays and Fridays**.

## ★ Golf special

Play a round of golf with a cart and enjoy a Bogey Basket meal for \$20 during the winter golf special offered **every Monday-Thursday** through **February**.

Call 846-1574.



## You can be a BURRITO HERO!

Every time you purchase breakfast from the **Spare Time Café**, at the Kirtland Lanes, you will receive an entry card. If we draw your card at the end of the month, you will win ten breakfast burritos to take back to your office, making you a **BURRITO HERO!**

**Breakfast Hours: weekdays 7:00 am - 10:30 am**

KIRTLAND LANE  
SERVICES

# SPORTS

## ★ "Boot Camp"

Recall the glory days of boot camp while getting into shape.

Classes are **Wednesdays**, 5 p.m. at the East Fitness Center.

Call 846-1073.

## ★ Big Guns Club

Be a part of the Big Guns Club. To qualify, you must be able to complete 74/30 (male/female) push-ups, 20/2 pull-ups and bench press your weight and a half for men and bench press your weight for women.

Call 846-1102

## ★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour. Call 846-1102.

## ★ East Gym

**Tomorrow** various exercise rooms throughout the facility may not be available due to ventilation cleaning.

Call 846-1102.

## ★ Kayak roll

Another Kayak roll clinic with safety techniques, wet exits, Eskimo rescue and rolling will be in **April** in the Indoor Pool.

Fee is \$20 if you have gear and \$25 without.

At least five students must register for the class.

Call 846-1499.

## ★ Cardio Theater

The West Fitness Center workout rooms will be closed from **16 - 20 Feb**, due to the installation of the Cardio Theater. The basketball courts and the locker rooms will remain open. Workout rooms will re-open on **23 Feb**.

Call 846-1068.

## ★ Holiday hours

**16 Feb.** Holiday Hours: East Fitness center will be open 9 a.m. to 6 p.m. West fitness center will be closed for President's Day.

# Services Customer Hotline



# 846-0588